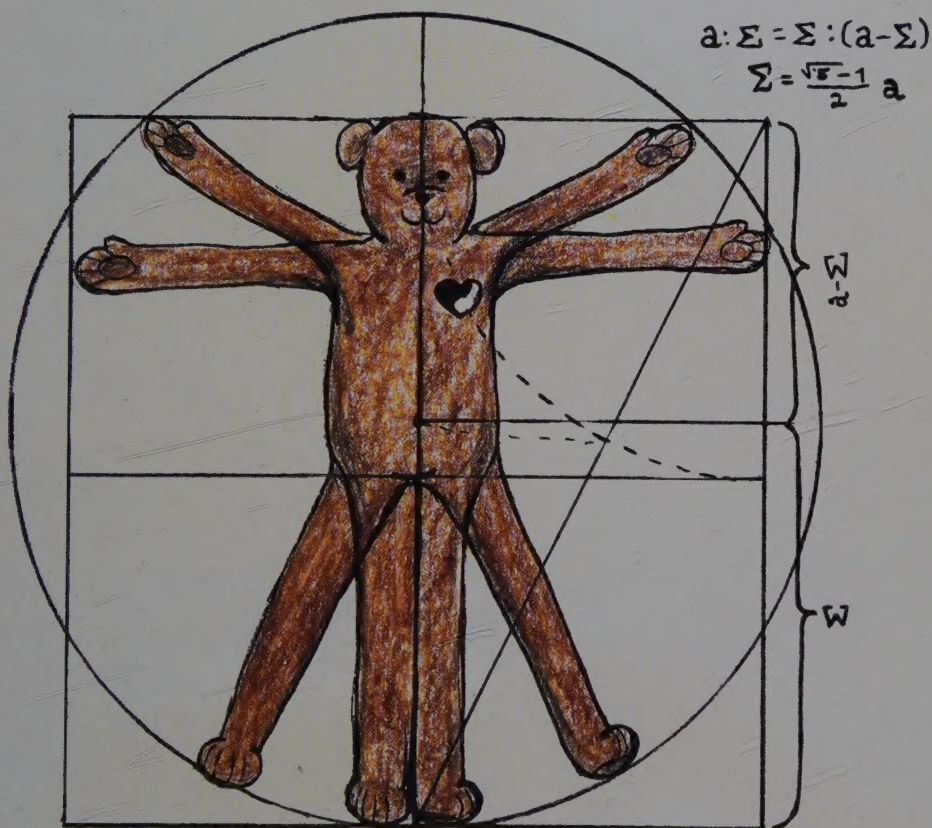




The Teddy Bear Guide To Self-Healing

Dr. Mira Bears of Healing and Spirit



By Mira Kaplan, MD



Have you ever wondered about the meaning of terms such as Yin Yang, chakras, meridians, fractal and chaos theory and how they can relate to your health? Through the teddy bear, learn about these terms and holistic healing techniques including self-acupressure, aromatherapy, herbs, meditation and many other approaches. Did you know the beloved teddy bear could be your companion in a program of self-healing and spirit? Begin a journey into healing and wellness with teddy bears. Teddy bears can help you learn and apply healing wisdom in a practical, safe, lighthearted way to create a healthier, more conscious way of living. You can have the confidence that an accomplished, experienced physician has selected and compiled this healing wisdom for your consideration. Teddy bears have been chosen to be her messengers. The best part of all, the learning is fun as you enjoy the warmth, love and beauty of an old and dear friend, the teddy bear.

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illustration and design by Sig Hafstrom with Dr. Kaplan; edited by Jane Lionni with
Dr. Kaplan. Bears have Patent Pending.

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Visit the Dr. Mira of Healing web site at www.DrMira.com



Please Note: Although this book refers to Dr. Mira Bears of Healing and Spirit, it is not necessary to own one of Dr. Mira's bears in order to use the book. You can use any bear or other stuffed-animal companion in conjunction with the book. For information on Dr. Mira's bears, contact Pleasanton Publishing or check her website.

The purpose of this book is to educate and provide enjoyment and is in no way a substitute for medical counselling.

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The Teddy Bear Guide to Self-healing

Dr. Mira Bears
of Healing and Spirit



by Mira Kaplan, MD

illustrated by Sig Hafstrom with Mira Kaplan

Pleasanton Publishing

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Dedication

This book is dedicated to everyone who has ever owned or would like to own a teddy bear, who would like to know more ways to heal and experience wellness, and who is willing to be a conscious participant in a personal wellness program.

It is my hope that this book and the teddy bears will reach everyone who may not ordinarily get access to these teachings.

Acknowledgments

I am very fortunate to have the opportunity to say thank you to those who have helped me. The expression of gratitude is itself extremely healing.

First I would like to thank the Divine Force who gave me all the energy, ideas, and guidance, and who brought the people, circumstances, and materials to me. I experienced repeated coincidences or synchronicity as I worked on the Teddy Bear Guide project.

There are many earthlings who helped me as well, and I'll name just some of them:

Sig Hafstrom, a wonderful young artist and illustrator.

Jane Lionni, a poet who volunteered superb creative editing services.



Celia D. Baham, expert bear artist, who creatively translated my concepts.

My sons Ethan and Daniel and their dad Nicholas Solli, who encouraged and helped me from the beginning.

My family of origin – my parents Olga and Daniel Kaplan and my sisters Irma Annes and Naomi Dubin.

Cindi Rivera, Kim Martin, Kay DeCorah, Debbie Keller, Cecelia Franklin, Joji Sasai, Diana Jean, and Jackie.



My co-workers in health care, for being supportive and open to my ideas throughout the years.

My patients – who gave me the inspiration to pursue holistic healing. I learned from them that in order to be a more effective healer, I often needed to suspend my own belief system and put aside conventional western textbook knowledge.

Duffy, my endlessly loving and sweet canine companion.

And last but not least, my own family of Teddy Bears – Brownie, Koala, Amanda, Cinnamon, and Princess, who have been the silent witnesses and the vehicles of inspiration for this endeavor.



Contents

The Teddy Bear' Guide to Self-healing

Information About the Author	1
Precautions	2
Glossary	5
 The Story of Bears of Healing and Spirit	9
Chaos, Fractal, and Hologram Theories	11
You, Your Bear, and Your Journey of Wellness	15
Healing Characteristics of Your Bear	15
Color	16
Herbs	17
Aromatherapy	20
The Healing Bath	22
Magnets	23
Acupressure	24





Self-massage 29

The Chakra System 31

Homeopathy 33

Crystals and Minerals for Healing 35

Rekindling or Cultivating the Inner Child 37

Animals and Nature Healing 39

Healing Through Restful Sleep and Dreams 41

Transformation of Thinking 42

Meditation 43

Prayer 45

Movement for Healing 46

Reiki/Therapeutic Touch/Psychic Healing 47

The Bear Journey Goes On 49

Dr. Mira's Suggestions for Further Reading 50



Information about the Author

Mira Kaplan M.D., is a physician with many years of experience using conventional western (allopathic) medicine and holistic healing to care for adults and children. She earned a B.S. degree at City College of New York, where she was elected a member of the Phi Beta Kappa honorary society. After graduating Magna Cum Laude, she earned her M.D. degree at New York University School of Medicine. Dr. Kaplan is board certified in two specialties, Allergy & Clinical Immunology and Pediatrics, and is Chief of Allergy, Asthma, and Allied Conditions at Kaiser Permanente Medical Center in Oakland, California. She has done research and published articles in the field of allergy medicine. In the Bay Area Consumer's Checkbook's Fall 1998-Winter 1999 physician survey, Dr. Kaplan was named as an outstanding physician specialist. Dr. Kaplan has also trained in acupuncture and Ayurvedic medicine. She is a member of the American Academy of Allergy and Clinical Immunology and the American Academy of Medical Acupuncture. Her deepest belief is that spirituality and the acceptance of the possibility of self-healing comprise the essential foundation upon which physicians and other healers can build.

A teddy bear came to help Dr. Mira with self-healing when her own wellness was in danger. It was through her experience with that bear that Dr. Mira was given the inspiration that a teddy bear could help others. The bears and their message mirror Dr. Mira's own personal journey, and all of the elements of self-healing and wellness are used regularly by Dr. Mira.

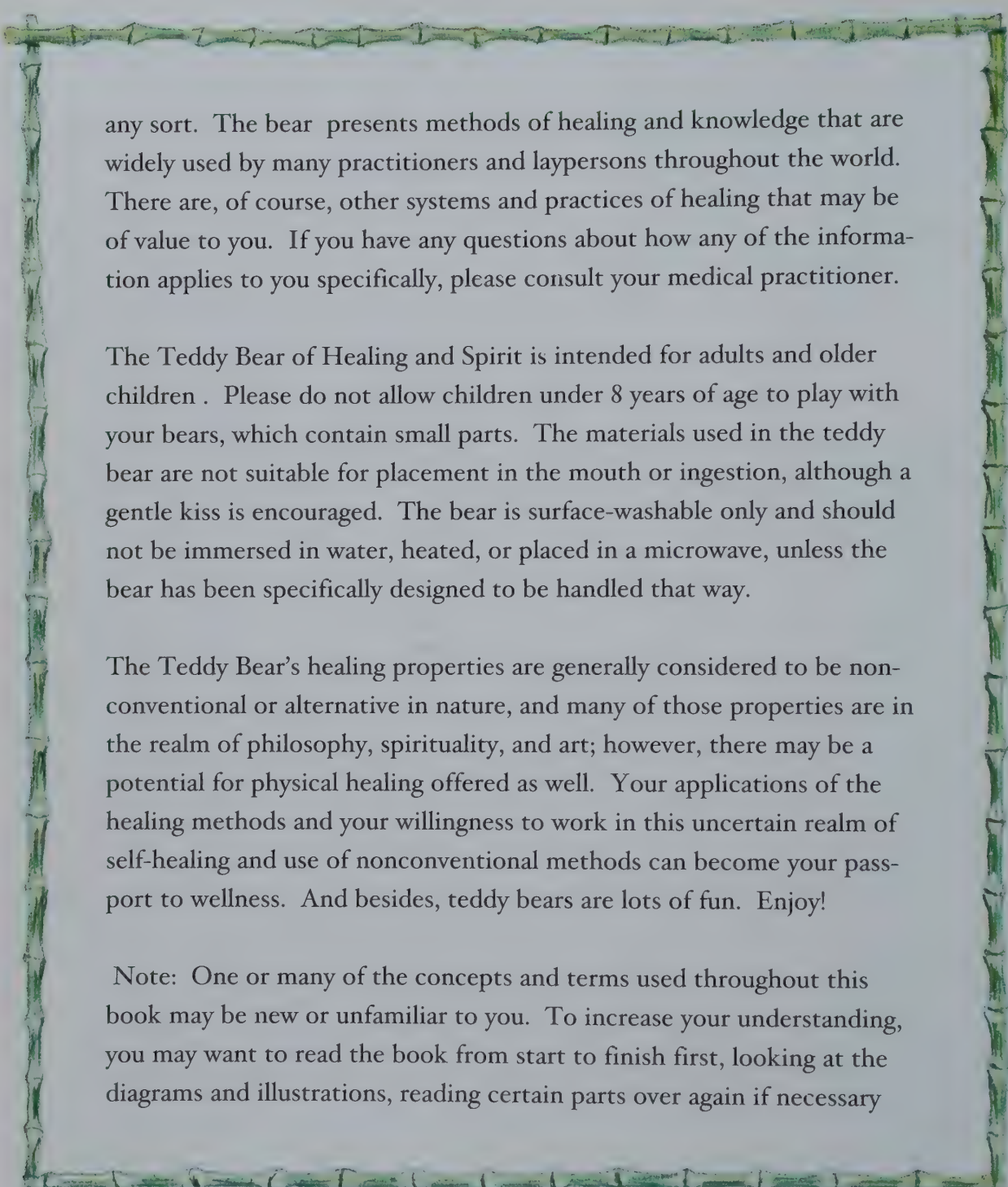




Precautions

Every wellness practice discussed in this book, including your bear, must be used properly, wisely, and with judgment. You must always ask your heart (and your physician) if a particular therapeutic method is right for you. Please keep in mind that your Teddy Bear of Healing and Spirit is neither a medical device nor a child's toy. Although the healing features of your Teddy Bear have not been scientifically proven, they have been incorporated as a mild, gentle, energetic, educational, and metaphoric application of nonconventional healing methods. They were created to encourage self-healing and self-discovery. The author is not dispensing any specific medical advice or prescribing any particular remedy. The bear and the accompanying information are intended for general education, for your consideration and exploration.

The teddy bear does not provide a deep material treatment in the way that medications and medical procedures do. The teddy bear is not intended to be the sole source of wellness and healing for any condition, and you must always consult your physician for troublesome symptoms of



any sort. The bear presents methods of healing and knowledge that are widely used by many practitioners and laypersons throughout the world. There are, of course, other systems and practices of healing that may be of value to you. If you have any questions about how any of the information applies to you specifically, please consult your medical practitioner.

The Teddy Bear of Healing and Spirit is intended for adults and older children . Please do not allow children under 8 years of age to play with your bears, which contain small parts. The materials used in the teddy bear are not suitable for placement in the mouth or ingestion, although a gentle kiss is encouraged. The bear is surface-washable only and should not be immersed in water, heated, or placed in a microwave, unless the bear has been specifically designed to be handled that way.

The Teddy Bear's healing properties are generally considered to be non-conventional or alternative in nature, and many of those properties are in the realm of philosophy, spirituality, and art; however, there may be a potential for physical healing offered as well. Your applications of the healing methods and your willingness to work in this uncertain realm of self-healing and use of nonconventional methods can become your passport to wellness. And besides, teddy bears are lots of fun. Enjoy!

Note: One or many of the concepts and terms used throughout this book may be new or unfamiliar to you. To increase your understanding, you may want to read the book from start to finish first, looking at the diagrams and illustrations, reading certain parts over again if necessary

before trying any of the techniques, and referring to it often when working with your bear. If you like, just have your bear serve as a companion, without imposing any structure on your reading or the interaction with your bear.

Although your bear and all aspects of the healing described in this book are very mild and safe, some situations require special attention.

- Do not place the bears on open wounds or on transdermal drug delivery patches.
- Some of the bears have weak magnets in their front paws. People with pacemakers or electrical implants of any kind should not use magnetized objects. Although the magnets are very mild, use of magnetic devices is not advised during pregnancy.

Magnets should be kept 6 inches away from electronic devices, electric blankets, and heating pads. Cards that have magnetized strips could be demagnetized by direct contact with magnets, and computer discs should not be exposed to magnets for long periods of time. Note, however, that magnetic jewelry, bedding, insoles, and other devices are in common use and available widely through many sources.





Glossary

Acupressure - The ancient Chinese healing art of applying pressure to certain designated points of the body, for the purpose of moving the life force energy (Qi) freely through channels or meridians.

Acupuncture - A method of health maintenance and healing developed almost 6,000 years ago in China. In this healing method, needles are placed along designated points of the body to move and activate Qi through the meridians.

Allopathic medicine - The term applied to mainstream conventional western medical practices.

Alternative medicine - Healing practices other than conventional western (allopathic) approaches.

Aromatherapy - An ancient healing art in which herbs, flowers and their diluted essential oils are applied to the skin or inhaled to address physical, emotional, and spiritual imbalances.

Ayurveda (*eye-yur-vay'-da*) - A holistic healing practice originating in India more than 5,000 years ago, in which lifestyle, self-realization, and natural therapies are used to attain health and longevity.

Chakras (*shak'-ras*) - Seven body centers that are considered sources of energy for spiritual, psychic, and physical power. The chakra system has its origins in Yoga, an ancient healing system from India.

Chaos Theory - A branch of new thought in physics which states that very small inputs can lead to very different probabilities. According to chaos theory,

events that seem to be random are made understandable by applying complex mathematical formulae that describe probability rather than predictability.



Chi (same as Qi) (chee) - The name given by the ancient Chinese to the vital force that flows within all life.

Conception Vessel - A major Yin meridian or energy channel described in ancient Chinese medicine, with its surface component located mainly on the front midline of the body.

Feng Shui (fen shway) - The ancient Chinese art of placing objects and creating physical environments that foster health, harmony, and alignment with nature. Feng Shui and acupuncture are linked to a similar ancient philosophy.

Governor Vessel - A major Yang meridian or energy channel described in ancient Chinese medicine, with its surface component located on the midline of the back, head, and upper face.

Holistic - Healing practices that consider the mind, body, and spirit and appropriately integrate many traditions of healing as they apply to the individual person and situation.

Hologram Theory - Hologram has two meanings in common use:

1) Every existing whole thing in the universe is organized with self-similarity at different magnitudes of scale. According to the theory, this self-similarity holds true for every building block and component of the whole. The well-known example is the snowflake, in which the microstructure contains the same structural pattern as the whole snowflake. Many systems of healing are

based on the hologram theory as it applies to the organization of the human body. For example, acupuncturists use the external ear or hand for diagnosis and treatment of whole body conditions.

2) A technique using laser beams and laser light instead of a conventional camera to generate 3-dimensional pictures or virtual images.

Homeopathy - A holistic form of healing developed more than 200 years ago that uses very dilute and complex remedies prescribed for each individual person.

Meridians - Complex channels in the body of a living being, through which life energy—Qi—flows.

Paradigm - Belief systems, including scientific beliefs that are accepted by most people. These systems of beliefs usually arise from attempts to effectively explain complex phenomena, and then they are reinforced as they are passed along as knowledge. Paradigms, scientific truths, and knowledge change with time and with the perspectives of different people.

Physicians' Desk Reference (PDR) - A series of reference books, published annually in the U.S., extensively listing commonly physician-prescribed and recommended medications. The books include information on the conditions indicated for each medication's use, recommended doses, and known or anticipated side effects. These books are sometimes termed the physician's "bible," because physicians refer to them so frequently when prescribing medications.

Prana - In ancient India, the name given to the vital force that flows within all living things; equivalent to Qi in the Chinese healing system.

Qi - Same as "Chi," above.

靈 *Reiki* (*ray'-kee*) - A healing method developed in Japan, in which light
氣 hand placement is used to balance and activate life-force energy.

Synchronicity - A natural phenomenon in which unexpected and improbable coincidences influence our lives. Many people believe that order and orchestration underlie these seemingly random occurrences.

Yang - A term from ancient Chinese medicine and philosophy that describes one aspect of the ever present, interchanging dual and opposite nature of everything in existence. Yang is associated with many qualities, including light, the masculine, assertiveness, and the hollow organs of the body such as the large intestine and the bladder.

Yin - A term from ancient Chinese medicine and philosophy that describes one aspect of the ever present, interchanging dual and opposite nature of everything in existence. Yin is associated with many qualities, including darkness, the feminine, passivity, and the solid organs of the body such as the heart and the kidneys.

Yin-Yang Symbol - The Yin-Yang symbol is used on the bears and in the text in recognition of the supreme importance of the concepts of Yin and Yang.

Yoga - A system of mind-body healing, originating in ancient Hinduism and based on posture, movement, and breathing exercises.

The Story of Bears of Healing and Spirit

The teddy bears are part of a community whose members have been created to strengthen wellness, assist in self-healing, and enhance the spirit. It is their mission to help balance mind, body, and spirit. They introduce to you and allow you to use new ways of healing. Working with the bears is not to substitute for your regular medical care. It can serve as the foundation and be used in combination with any other program of traditional wellness that is necessary or appropriate for you. Any program of healing and wellness involves work we must do ourselves, and the bears can help you on the journey of self-wellness to supplement any other program of care.

The bears come to you with love, warmth, fun, and comfort. They will have many healing features in common, but different types of bears will also have special features to focus on a particular aspect of healing and educational material. The healing features will be included with each bear. The bears come with certain concrete physical features, but they also come to you with the energy and spirit of healing. The bears can teach you gently, playfully, and lovingly about aromatherapy, bathing for healing, herbs, color, texture, magnets, crystal healing, acupressure, self-massage, meditation, art, and other wisdoms for health.

Many of these healing methods fall into a category that can be termed energy healing. They are subtle but potentially powerful inputs that interact with the energy system of the body to stabilize emotional, physical, mental, and spiritual states. These interactions can help assist wellness and healing on all levels.

Most illnesses have multiple complex factors precipitating their beginnings, causes, and outcomes. Our bodies, minds, and environments are not separate when it comes to illness, health, and healing. As we work to remain healthy, it helps to be aware day to day that biological, psychological, social, and environmental factors interact to create our state of health.



In the past, many people, including physicians and scientists, have dismissed the subtle forms of healing because they do not fit the linear, material models of science and logic. However, important new scientific theories have emerged that have not been accounted for in allopathic medicine. Some of these theories include the chaos theory, fractals, and hologram theory. This book will only touch on these theories, but references are listed for anyone wishing to study more about them. The natural world, including our bodies, is extremely complex and not fully considered by the linear approach of conventional medicine.

Please note that although this book refers to Dr. Mira Bears of Healing and Spirit, it is not necessary to own one of Dr. Mira's bears in order to use the book. You can also use any bear or other stuffed-animal companion in conjunction with the book.

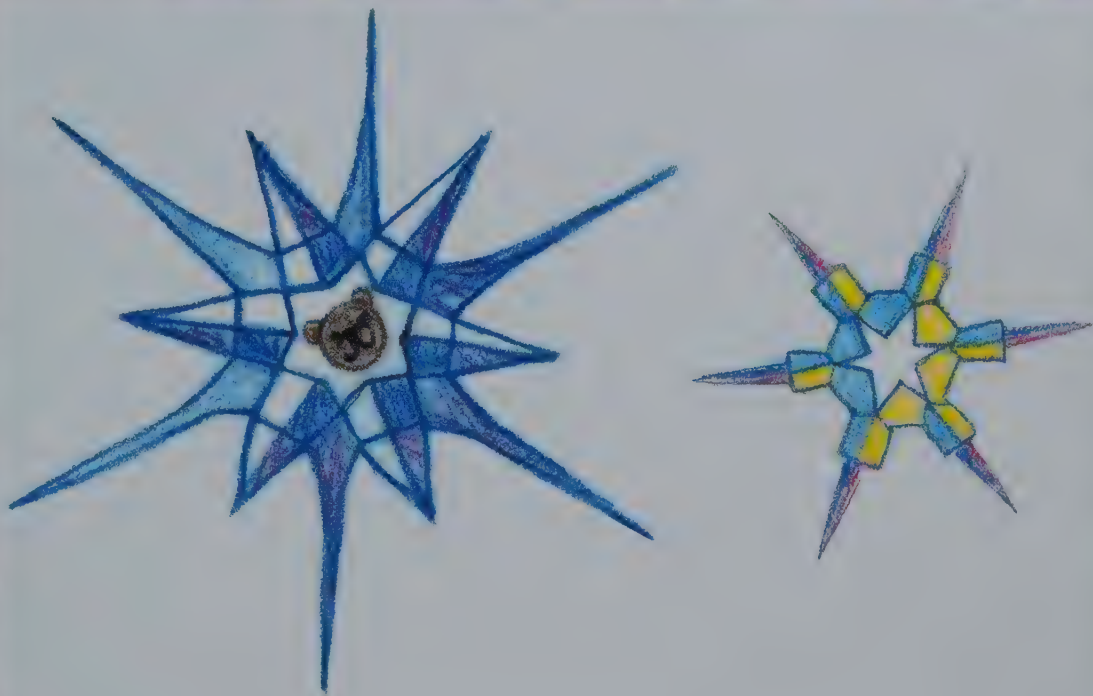


Chaos, Fractal, and Hologram Theories



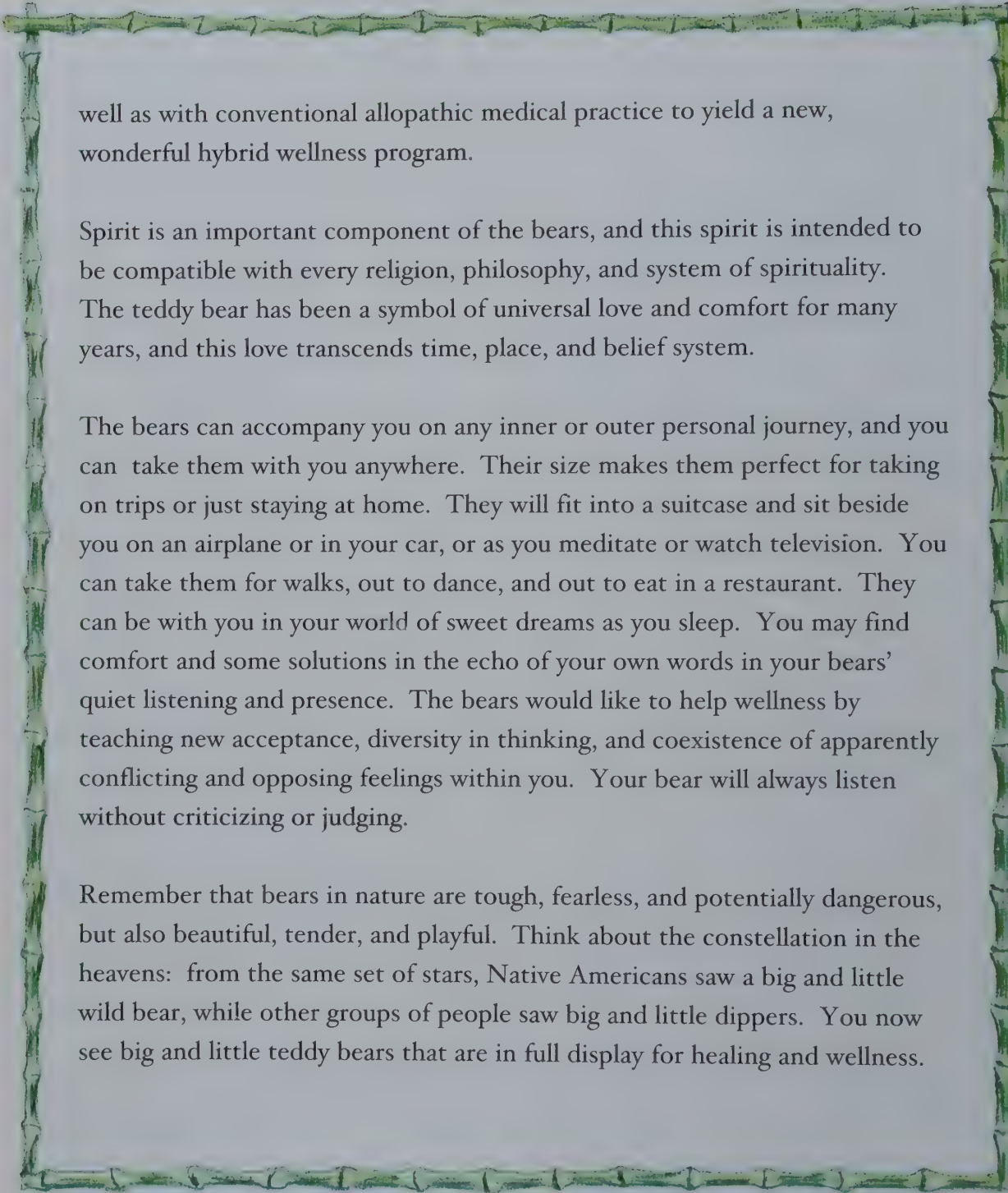
According to chaos theory, what appears to be chaotic and random in the natural world actually has a complex nonlinear order that is not apparent to us. This order is describable by complex nonlinear probability mathematics. Small initial inputs can lead to surprisingly large changes in ultimate outcomes that are not predictable by conventional linear logic. We can only begin to imagine the implications for new models for healing and wellness. As you study these theories, you may find it helpful to remember that small changes in lifestyle and thinking, and practices such as meditation, self-massage, and aromatherapy can have profoundly positive benefits.

According to fractal and hologram theories, all of nature, including human beings, displays patterns of self-similarity at different magnitudes of scale. A snowflake can be used as an example of this phenomenon, because the structure of the whole object is repeated in miniature form in its smallest parts. According to fractal and hologram theories, the same is true of the human body. Acupuncturists apply the theories by using the ear, hand, scalp, and other body parts for complex diagnosis and treatment, believing that the whole body is represented in each of these components. You can use this theory when working with individual parts of your own body, and you can extend it metaphorically to include working with your small bear. The pleasure, fun, and beauty you create can be mirrored into your life and healing.



Conventional western healers often express doubts about alternative methods, because many are unproven by familiar scientific methods and do not have the strong material presence that western medications offer in allopathic treatment. Consider conventional western perspectives, but also remember that doubt and uncertainty are part of new beginnings and new opportunities to decide what works for you. Remember, the teddy bears and the self-healing methods are not inclusive of everything that works. The methods mentioned here are popular, easy to use by yourself, fun, and safe. There may be other methods that work for you.

The bears serve as a vehicle for remembering and revisiting forgotten wisdom of the ages. This wisdom can be layered and intertwined with new thought as



well as with conventional allopathic medical practice to yield a new, wonderful hybrid wellness program.

Spirit is an important component of the bears, and this spirit is intended to be compatible with every religion, philosophy, and system of spirituality. The teddy bear has been a symbol of universal love and comfort for many years, and this love transcends time, place, and belief system.

The bears can accompany you on any inner or outer personal journey, and you can take them with you anywhere. Their size makes them perfect for taking on trips or just staying at home. They will fit into a suitcase and sit beside you on an airplane or in your car, or as you meditate or watch television. You can take them for walks, out to dance, and out to eat in a restaurant. They can be with you in your world of sweet dreams as you sleep. You may find comfort and some solutions in the echo of your own words in your bears' quiet listening and presence. The bears would like to help wellness by teaching new acceptance, diversity in thinking, and coexistence of apparently conflicting and opposing feelings within you. Your bear will always listen without criticizing or judging.

Remember that bears in nature are tough, fearless, and potentially dangerous, but also beautiful, tender, and playful. Think about the constellation in the heavens: from the same set of stars, Native Americans saw a big and little wild bear, while other groups of people saw big and little dipper. You now see big and little teddy bears that are in full display for healing and wellness.



You, Your Bears, and Your Journey of Wellness

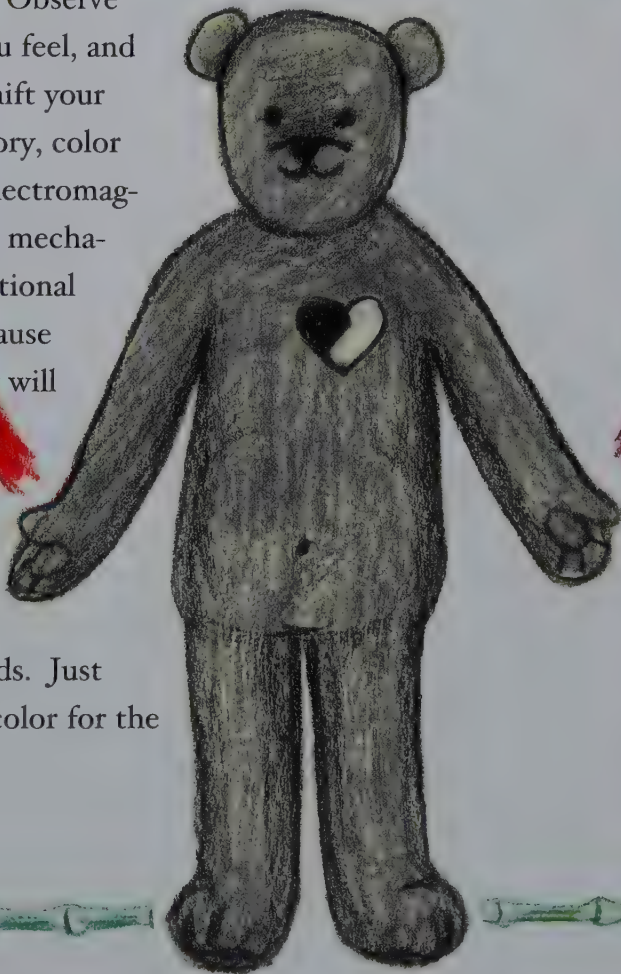
Healing Characteristics of Your Bears

The information that follows gives many of the attributes and ways you can work with your bears for wellness. You may want to use some now and others later or just enjoy your bears' companionship. You choose! The bears have common physical, spiritual, and energetic qualities. In addition, each type of bear has one or more unique characteristics for healing. Working with bears is an introduction to these healing methods. May you find healing, fun, adventure, learning, and love in the journey with your bear.



Color

Color influences your feelings and thoughts through visual perceptions, and some people believe, through touch. Certain colors tend to arouse certain feelings and induce or enhance certain specific moods. Red is often associated with passion, shades of blue with serenity, and green with nature. However, there are different systems and symbolic uses of color, including healing, and different colors may touch individuals differently. Observe how different colors make you feel, and choose color to enhance or shift your mood. According to one theory, color vibrations interact with the electromagnetic fields of the body. This mechanism can be used to heal emotional and mental imbalances that cause physical problems. Each bear will be a certain color or colors to target a specific mood type of healing. You may want to have different bears in various colors to match, enhance, or change your moods. Just observe or touch each bear's color for the therapeutic effect.



Herbs

Herbology has been practiced in many cultures throughout the world for thousands of years and is based on using plants and their derivatives for wellness and healing. Many western medicines used by doctors today came originally from plant or herbal sources. You can benefit from using the herbs wisely, selectively, and in moderation, because herbs contain the wisdom of the plant and nature. Herbs can be used in many forms, including taking them internally—much the same as medication—by drinking teas, applying them as oils or lotions to surfaces of the body, or simply inhaling their natural aromas. As with many beneficial natural or man-made substances, if herbs are taken internally in significantly large quantities, adverse reactions can occur. Read about herbs; ask for advice from those who are knowledgeable in herbology when deciding which herbal supplements to take internally. It should be noted that the first *Physicians' Desk Reference* (PDR) for Herbal Medicines was published early in 1999. The basic longstanding PDR, covering conventional western medications, is the prescribing authority for most practicing physicians. The publication of an herbal medicine PDR signifies general recognition of the current widespread use in our society of herbs for wellness.





Teas are a wonderful way to experience herbs. Drinking warm teas enhances the healing, spiritual quality of the herbs. The tea house and tea ritual are important parts of Japanese spiritual practice. Have an herbal tea party with your bear. Try mild and tasty teas such as chamomile or peppermint.

Another way to experience the wonderful, natural, safe qualities of herbs and plants is through mindfully incorporating beneficial vegetables, fruits, herbs, and spices into your diet. Hippocrates, the father of western healing, said, "Let food be your medicine." Onions, garlic, dill, ginger, peppermint, and cloves are just a few of the common foods that are reported to



have healing properties. Read about these foods and decide which ones agree with your body. Be mindful of your diet in general and eat healthful foods. Remember that real bears like natural foods that are well suited for their systems. Let the everyday use of herbs in your diet and the connection to your teddy bear put you on a lifetime path of healthful eating.

The herbs in your bear are placed there only for inhalation purposes. Since the herbal aromas inhaled are very mild, they offer you the gentlest way of experiencing herbs. The herbs may be combined with aromatherapy elements in removable, replaceable packets contained in the back pocket on some bears and in a different form on other bears—check the details for your particular bear. The herbs are selected to achieve a specified mood and therapeutic benefit. To use the herbs, just be ready to receive their gentle aromatic emanation.

Note: Periodically you may want to replace the packet of herbs.





Aromatherapy

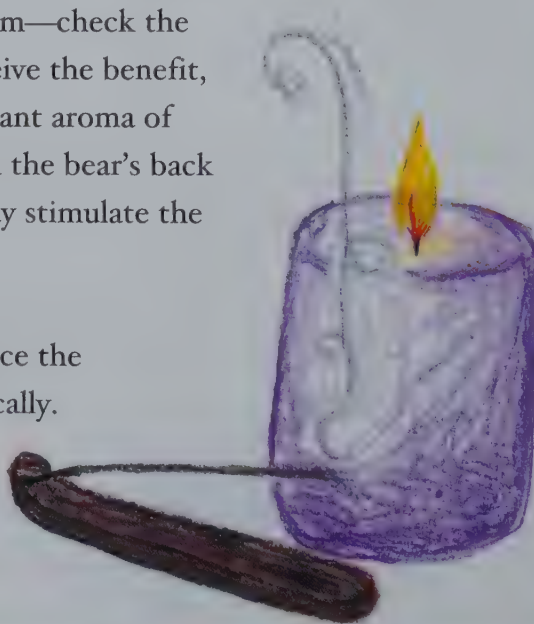
Aromatherapy is an increasingly popular, gentle, fun, relaxing method of healing that uses specific natural aromas to help balance the mind, body, and spirit. Essential oils of herbs, flowers, plants, trees, and spices are used to create that balance. The practice of aromatherapy dates back thousands of years to ancient Egypt, India, and China. Essential oils continued to be used widely for healing until the 19th century, when synthetic laboratory substitutes began to appear. The practice of using essential oils in healing was revitalized by a French physician, Jean Valnet, during World War II. The essential oils used in aromatherapy are usually diluted and can be used with different methods, most commonly by inhalation or application with massage to the skin. Each essential oil has potential benefits for the physical body as well as psychological and spiritual properties. A few of the most popular essential oils used in healing are lavender, eucalyptus, and tea tree. Many people today who fear fragrances have experienced headaches, nausea, and other allergic reactions to synthetic chemical perfumes used in popular commercial fragrances. It is sometimes difficult to persuade people that herbal and synthetic fragrances are not the same, and that herbal fragrances can sometimes be used to treat the reactions caused by synthetic chemical perfumes. Trust your body and instincts, and pay



attention to your reactions. If a natural fragrance doesn't work for you, then don't use it. But don't completely give up using natural fragrances until you try others. As Helen Keller said, "Smell is the wizard that transports us across thousands of miles and all the years we have lived."

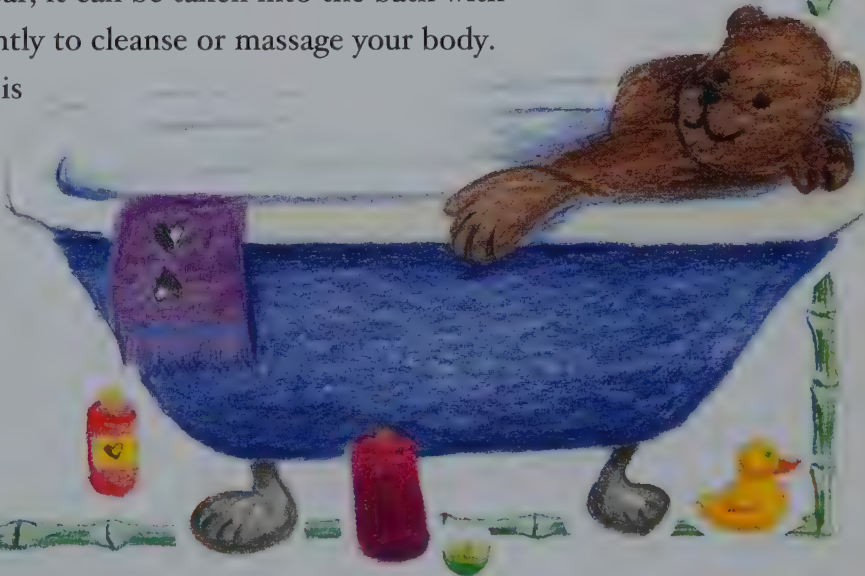
Essential oils are selected for each teddy bear type to achieve a desired therapeutic effect. Remember, the aromatherapy is intended to be mild and, as with the herbs, aromatherapy fragrances may be incorporated into the removable, replaceable packet in the back of your bear or in a different form—check the details for your bear. To receive the benefit, gently inhale the subtle, pleasant aroma of your bear. Pressing lightly on the bear's back or gently shaking the bear may stimulate the release of more fragrance.

Note: You may want to replace the aromatherapy packet periodically.



The Healing Bath

The healing power of a bath has been known for thousands of years. Many cultures use ritual bathing for deepening the spirit as well as cleansing the body. People have always flocked to natural hot springs and special healing bodies of water to treat their ailments. A warm bath or shower can be the perfect antidote for stress, headaches, and other pains. Take a bath with the intention of soaking up its healing benefits. Add a few drops of your favorite aromatherapy oil or healing fragrance to the water; inhale the steam as you bathe. You might want to light a pleasantly scented candle and listen to healing music as you bathe. Your teddy bear is only surface-washable, so the bear can observe companionably from a safe, dry place. If you have a healing Terry Bear, it can be taken into the bath with you and used gently to cleanse or massage your body. This experience is meant to be enjoyable, stimulating to the senses, and healing.



Magnets

In China, India, Egypt, and Greece, magnets have been used for healing for more than 4,000 years. Today, magnets are increasingly used and accepted to speed pain relief and healing, and improve circulation and general health. Magnetic wave therapy may help to fortify, balance, and unblock the stagnant energy within our bodies. Reportedly, the natural healing process is enhanced with the application of magnetic fields to injured areas, increasing blood flow and oxygen exchange.



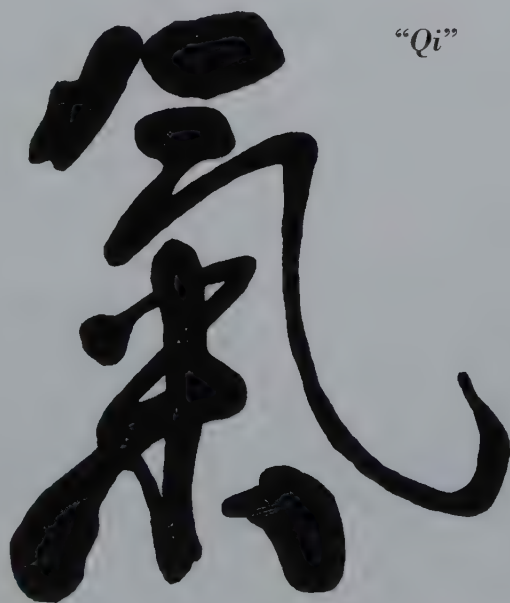
Your bear may have small, gentle magnets in its front paws. To use this feature, you can let the paws touch any painful or tired part of your body, and let the teddy bear hug you with specially designed arms. Please do not place the bear on an open wound, and if an area is very sore, consult your physician.

Note: Please remember that the magnets in your bear are not being promoted as medical devices, and please refer to the Precautions regarding the use of magnets, which may not be indicated in certain situations.

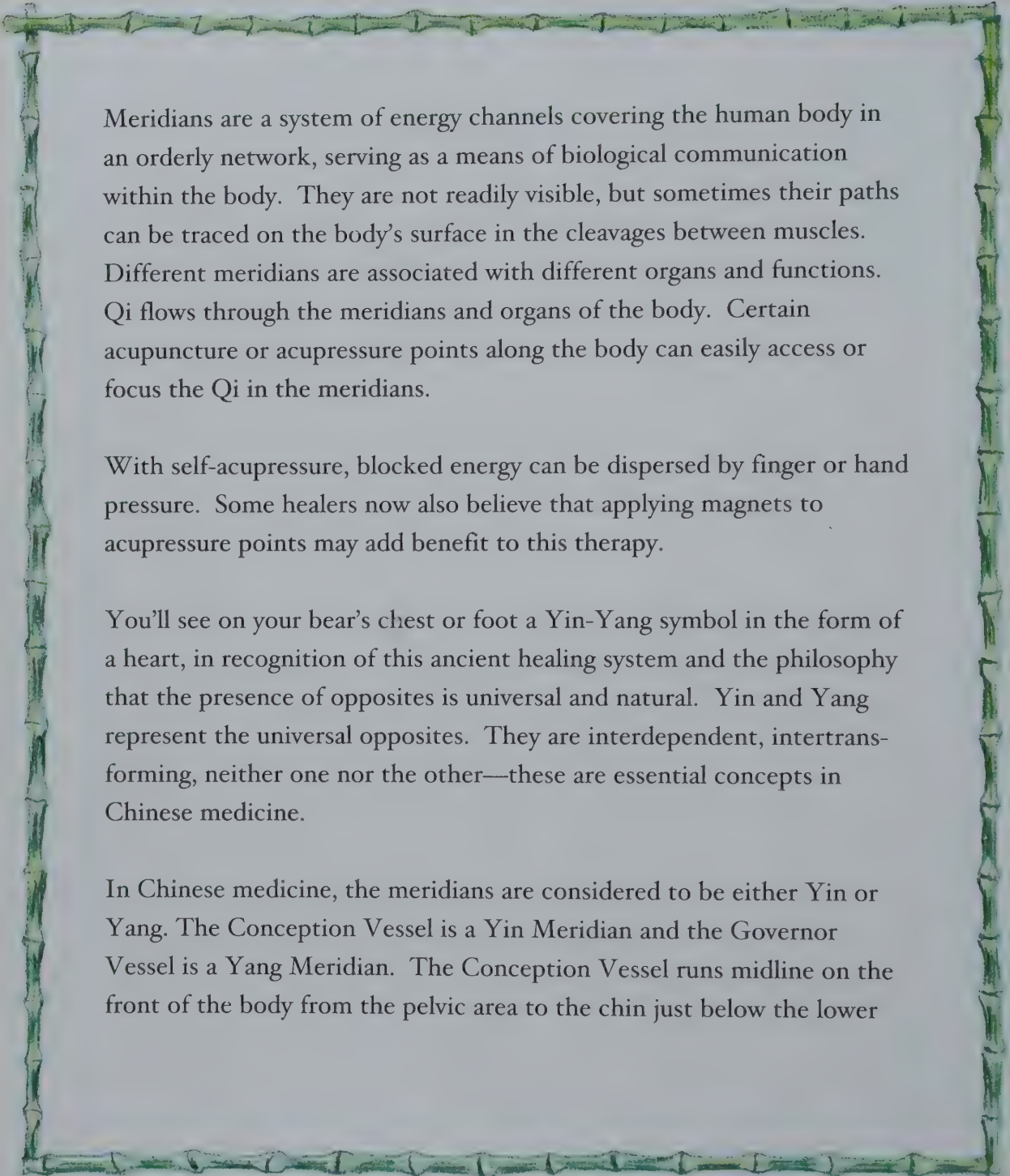
Acupressure

Acupressure is a practice that is part of ancient Chinese medicine. It is similar to acupuncture, except that pressure is applied with fingers for acupressure, whereas acupuncture requires the application of needles to certain points on the body. Because acupressure is done without needles, it tends to be a milder, subtler treatment than acupuncture.

When a person uses his or her own fingers for the treatment, it is called self-acupressure. Self-acupressure is a very convenient natural way for helping ease a variety of ailments including stress, anxiety, and pain. It is the theory in Chinese medicine that good health develops when “Qi” or “Chi” (pronounced “chee”) energy, the life force that flows within us, moves freely through meridians, or energy pathways, in our bodies.



“Qi”



Meridians are a system of energy channels covering the human body in an orderly network, serving as a means of biological communication within the body. They are not readily visible, but sometimes their paths can be traced on the body's surface in the cleavages between muscles. Different meridians are associated with different organs and functions. Qi flows through the meridians and organs of the body. Certain acupuncture or acupressure points along the body can easily access or focus the Qi in the meridians.

With self-acupressure, blocked energy can be dispersed by finger or hand pressure. Some healers now also believe that applying magnets to acupressure points may add benefit to this therapy.

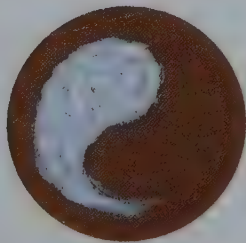
You'll see on your bear's chest or foot a Yin-Yang symbol in the form of a heart, in recognition of this ancient healing system and the philosophy that the presence of opposites is universal and natural. Yin and Yang represent the universal opposites. They are interdependent, intertransforming, neither one nor the other—these are essential concepts in Chinese medicine.

In Chinese medicine, the meridians are considered to be either Yin or Yang. The Conception Vessel is a Yin Meridian and the Governor Vessel is a Yang Meridian. The Conception Vessel runs midline on the front of the body from the pelvic area to the chin just below the lower

lip. It concentrates and influences all of the body's Yin energy and has many diverse functions, from reproduction to balancing emotions and energy. The Governor Vessel runs midline mainly along the back of the body from the rectal area over the top of the head to the face, ending at about the level of the upper lip. It functions to control the Yang energy of the body, and can be very important in energizing the whole body and in controlling pain along its path.

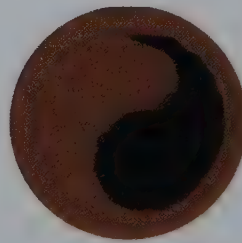
There are 14 main meridians and 361 classical acupuncture/acupressure points in Chinese medicine. To introduce self-acupressure to you, five important points taken from these two major meridians are explained here. You can locate acupressure points first on your bear and then find them on yourself. You can introduce your body to self-acupressure, by applying gentle pressure or massage with your fingers for 2 to 3 minutes per acupressure point, by allowing your bear's paws to move gently over or hug these points, or by allowing your bear to rest softly on these points. Before you start, check the diagram for the location of the points on your bear.

"Yang"



(Governor Vessel)

"Yin"



(Conception Vessel)

Five Important Acupressure Points:

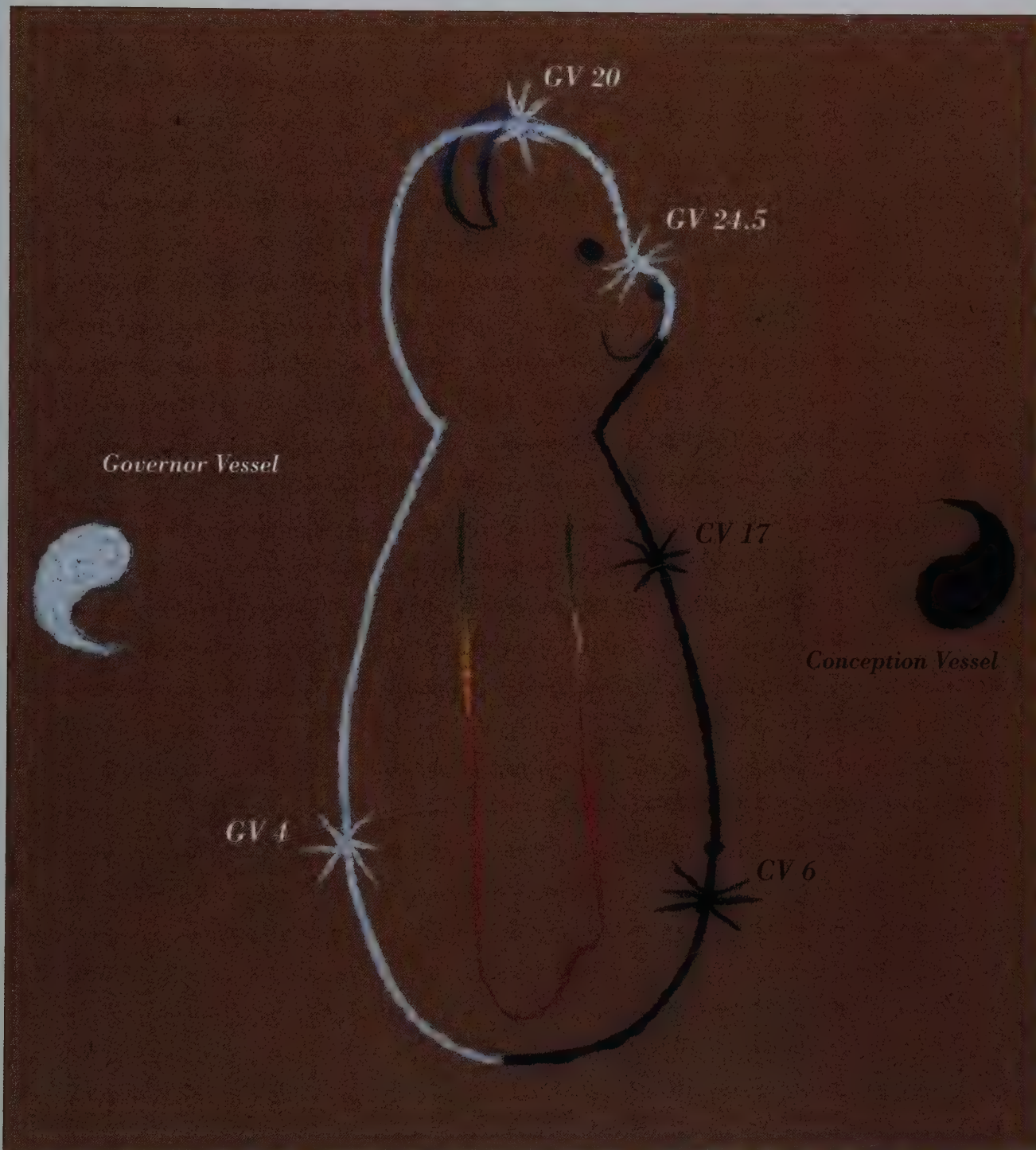
Sea of Tranquility (Conception Vessel 17): located on the center of the breastbone, three thumb-widths up from the base of the bone; for relieving nervousness, anxiety, chest tension, and respiratory symptoms, and helping balance emotions.

Third Eye Point (Governor Vessel 24.5): located directly between the eyebrows where the bridge of the nose meets the forehead; for calming the body, helping increase awareness, and relieving headaches and nasal congestion.

One Hundred Meeting Points (Governor Vessel 20): located on the crown of the head between the cranial bones; for increasing mental concentration, helping quell anxious thinking, improving memory, relieving headaches, and harmonizing and balancing the psychological state.

Sea of Energy (Conception Vessel 6): located two finger-widths directly below the belly button; for replenishing energy reservoirs and helping to relieve constipation, gas, and menstrual discomfort.

Gate of Life (Ming Men) (Governor Vessel 4): located on the lower part of the backbone approximately two vertebrae above the top of the hips; for relieving back pain, headaches, and many imbalances in the pelvic area, and increasing energy to the entire body. Be very gentle if the point is tender.

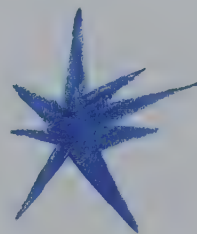


Self-massage

Self-massage is a method of wellness greatly emphasized in Ayurvedic medicine, the practice of medicine from ancient India. In many ways, self-massage is similar to self-acupressure. Ancient Indian medicine uses the term “Prana” to describe the force that circulates in all of life. Prana is the same force as “Qi,” described in Chinese medicine. Many people feel greatly relieved and invigorated after doing self-massage and find their general well-being significantly enhanced.

A simple way to begin to use this healing method is gently and systematically to massage your bear’s body and then your body completely from the toes to the top of the head. Your bear will appreciate the touching and attention as well!





As you massage your body, try to cover every inch of it that you can reach. A good time to do this is in the morning just before showering. Take about 10 minutes to massage gently, starting with circular or stroking movements of your fingers on the bottom of your feet, working upward to your face and scalp. Pay special attention to sore or neglected areas. For yourself, you can use a vegetable oil with a few drops of one or more of your favorite aromatherapy essential oils or any massage oils that please. It is a wonderful way of connecting with your body and helping to integrate the mind, body, and spirit. Using a little extra light scent on your bear to mirror your scent can be very pleasant. Make sure that your hands are not too oily when you touch your bear, but don't worry if a little mark appears. Let each mark be a symbol of the wisdom and experience gained and displayed by our bodies as we go through the seasons of life. Remember, most teddy bears can be gently cleaned only on their surfaces. However, it is fine if a light scent remains on your hands when you massage your bear.

The Chakra System

Knowing how to tap into and work on balancing your chakra system can add an extra dimension to self-massage. The chakra system, described in ancient texts from India, identifies seven major energy centers, called chakras, that are arranged along the spinal column. These chakras are also part of the ancient art of mind-body healing called Yoga. Each chakra is linked with physical functions as well as emotional and mental states. Balancing and attending to the chakras are said to enhance healing and overall wellness. Self-massage over the chakras can give extra benefits. The chakra system is described in the following paragraphs and accompanying diagram. Notice the color associated with each chakra and observe that a different color system may have been used in selecting the colors for your bear. Activate the chakras by adding their associated colors to your surroundings. Use the chakra system to focus your self-massage.

The seven chakras, or energy centers of the body, are as follows:



The First Chakra: located at the base of the spine, its main functions are physical survival and stability. The color red is associated with this chakra.

The Second Chakra: located below the navel, its functions are creativity, feelings, sexual drive, and pleasure. The color orange is associated with this chakra.

The Third Chakra: located just below the rib cage in the solar plexus, it contributes to self-confidence and personal power. The color yellow is associated with this chakra.

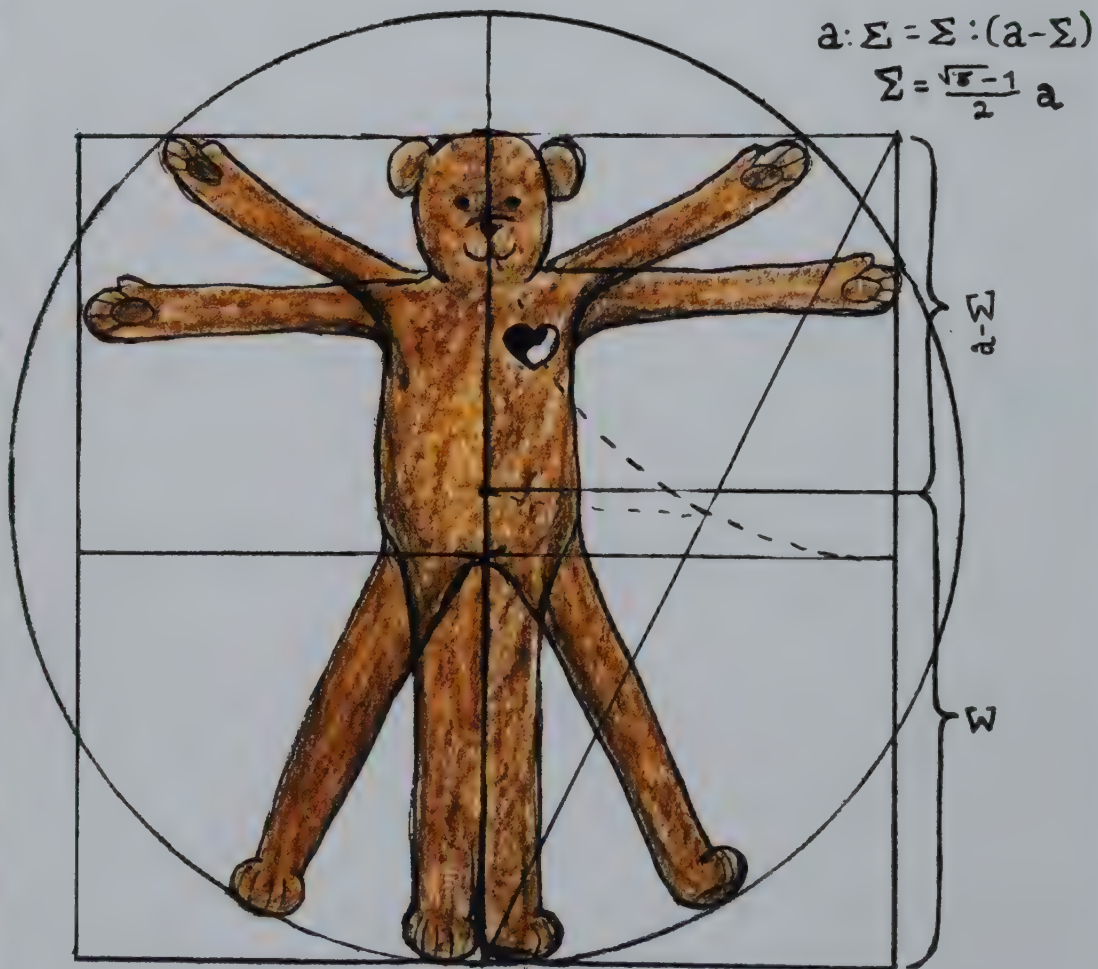
The Fourth Chakra: located at the center of the chest, it is sometimes called the Heart Chakra, and promotes relationships and personal development. The color green is associated with this chakra.

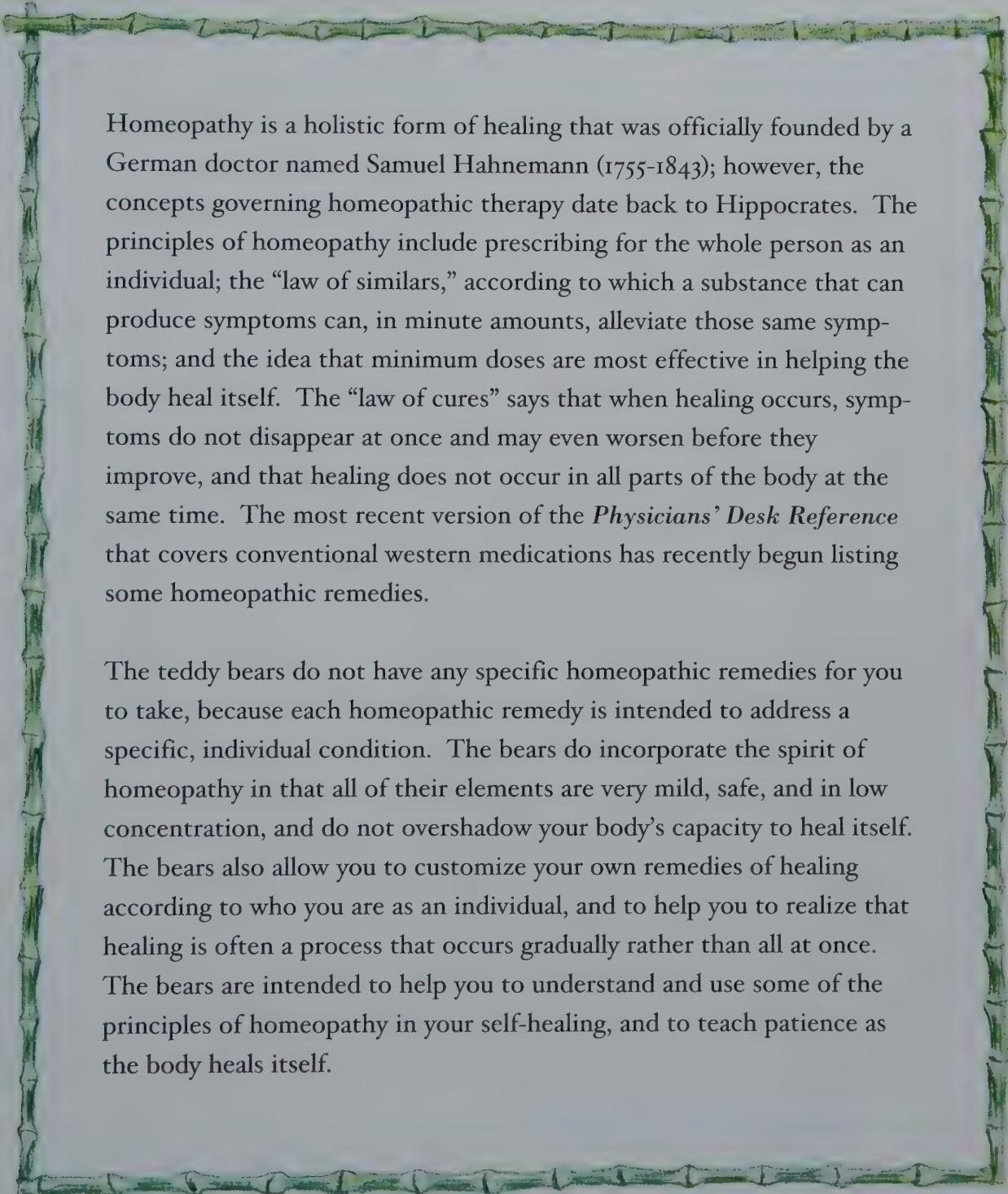
The Fifth Chakra: located at the throat, its concerns are with personal expression and communication. The color blue is associated with this chakra.

The Sixth Chakra: located in the center of the brow and sometimes called the Third Eye, it is connected with mental function and understanding. The color indigo is associated with this chakra.

The Seventh Chakra: located in the crown of the head, it balances all the chakras and directs life energy into the system. Wholeness, intuition, and inspiration are maintained by this chakra. The color violet is associated with this chakra.

Homeopathy





Homeopathy is a holistic form of healing that was officially founded by a German doctor named Samuel Hahnemann (1755-1843); however, the concepts governing homeopathic therapy date back to Hippocrates. The principles of homeopathy include prescribing for the whole person as an individual; the “law of similars,” according to which a substance that can produce symptoms can, in minute amounts, alleviate those same symptoms; and the idea that minimum doses are most effective in helping the body heal itself. The “law of cures” says that when healing occurs, symptoms do not disappear at once and may even worsen before they improve, and that healing does not occur in all parts of the body at the same time. The most recent version of the *Physicians’ Desk Reference* that covers conventional western medications has recently begun listing some homeopathic remedies.

The teddy bears do not have any specific homeopathic remedies for you to take, because each homeopathic remedy is intended to address a specific, individual condition. The bears do incorporate the spirit of homeopathy in that all of their elements are very mild, safe, and in low concentration, and do not overshadow your body’s capacity to heal itself. The bears also allow you to customize your own remedies of healing according to who you are as an individual, and to help you to realize that healing is often a process that occurs gradually rather than all at once. The bears are intended to help you to understand and use some of the principles of homeopathy in your self-healing, and to teach patience as the body heals itself.



Crystals and Minerals of Healing

Healers from many cultures have used crystals, gemstones, minerals, and metals for thousands of years. Western medicine and science have not yet understood or accepted the use of these materials to promote healing.

Crystals are prized for their beauty, and certainly their color and appearance can affect mood. Rubies are used to amplify light in lasers, and quartz is used for batteries, light-emitting diodes (LEDs), and solar cells. It would be difficult to deny that crystals have the ability to amplify and focus energy into the environment; both natural and glass crystals have this ability. The ancient Chinese art of Feng Shui recommends special placement of crystals and mirrors when decorating homes, for the purpose of creating a healing, harmonious environment. Only you can decide whether crystals can be useful to you in healing and wellness practices, but you will undoubtedly enjoy contemplating their beauty and having your bears be part of a warm, nurturing, harmonious home.

Your bear has glass beads inside and a crystal underneath the belly button. You can use crystal qualities by gazing upon them or having the crystal features rest on your body. Some bears may have natural crystals such as quartz in their front paws. According to ancient belief systems, different natural crystals or stones focus on different imbalances, quartz being one of the most versatile for healing.

Your bear also contains copper wiring that gives its arms that special hugging quality. The use of copper and other metals for healing dates back for many centuries, and in many cultures copper is known to be a strong transmitter of energy. Native Americans used copper for healing, and today many healers advise wearing copper jewelry such as bracelets. Nowadays, copper cuffs are being worn by many professional sports figures, because many people believe that wearing copper affords natural, safe lessening of inflammation and pain. Some people believe that copper affects the emotions and brings in love, affection, harmony, beauty, and peace. Regardless of your viewpoint about copper, a gentle hug or caress from your bear can lift your spirits and make you feel good.





Rekindling or Cultivating the Inner Child

Teddy bears are generally considered to be toys, although your teddy bear is not a small child's toy. Still, what better helper than a teddy bear to encourage your inner child to awaken! Inside all of us is a child who looks upon the world with innocence, optimism, openness, and joy. For many of us, the child has been buried and blurred by the wear and tear of life. If we acknowledge and cultivate the inner child, we tap into the power to stay forever young in mind and spirit. We may also find that by play and other fun activities we find youth and grace at any age throughout our lives.

In the early 1900s, ladies of fashion in the United States and Great Britain carried toy bears in full view as they walked along the avenues of major cities and the boardwalks of resorts. Everyone regardless of age can include teddy bears in their world. Take your teddy bear out to play or dance and when you go for a walk. Read and enjoy children's books, especially those about teddy bears. Laugh a lot and buy yourself an ice cream cone and a pretty balloon; see how this can create wellness!

By the way, teddy bears of healing and spirit enjoy working and playing with children 8 years of age and older. The bears can be handled kindly, like any other teddy bear, and older relatives or companions can explain to the younger folk any of the healing attributes that need explaining. It is a fun way to introduce children to self-healing and the spiritual aspects of wellness.



Animals and Nature Healing

Love for teddy bears and other stuffed animals is a metaphor for our connection to and love for the world of living animals. Native Americans revere animals and believe them to be the ambassadors, or representatives of man to connect him with the Divine. Their beliefs includes the concept that divine forces speak to us through the spirits of animals and the natural world. In these native cultures, each animal represents a human quality or characteristic that can be developed by working with or studying that animal. Animals are believed to have powers to heal the mind, body, and spirit, and are called "totems." A totem is any natural object, being, or animal to whose existence and energy we feel closely associated during our lives. The totem or animal is a symbol of the energy of the invisible, spiritual force manifesting within our lives. Our totems have qualities and functions that mirror much of our own special, and often, hidden powers and abilities. The teddy bear and perhaps the real bear may be one of your totems.

Working with bears is said to allow you to awaken undiscovered powers and tap into your inner stores of energy and knowledge that are hidden in the "den" of your unconscious. Take your teddy bear out on a walk in a park or other natural space; view your bear as a symbol of your connection with animals, with all of life and nature. These thoughts can help you heal yourself and create wellness.

Native peoples' spirituality is very fluid and is communicated by direct experience or word of mouth rather than in the written word. Give yourself the gift of fluidity in your personal beliefs by connecting with animals and the

natural world as an avenue of healing. Remember, the Chinese art of Feng Shui says that animals and pets can increase the healing energy or Qi in the home. Let your teddy bears be metaphors for reinforcing this concept in your life.



Healing Through Restful Sleep and Dreams

Many of us have old, uncomfortable sleep patterns that don't provide the rest and rejuvenation that we need. We go to sleep with busy minds, concerned about past and future events. We want to avoid unpleasant dreams, and we most often forget our dreams, pleasant or otherwise, quickly upon awakening. As with other areas of our lives, what we try to control and avoid the most comes back to bother us over and over again.

Consider reframing the way you approach sleep and clearing your mind by thinking happy thoughts of play with your teddy bear.

Creating fun,
beautiful

scenarios of
experiences
with your
bear just
may lead
to sweet,
restful
dreams.



★ Transformation of Thinking

Much of healing and the ability to stay well are connected to fluidity and flexibility in our thoughts. The old paradigms of thoughts and beliefs that we held in the past may not all support us now to adapt, heal, and stay well. Often our own thoughts, especially if we linger too much in negativity, can hinder our healing and well-being. Your bear will help you as you progress toward more adaptive thinking, and will help you focus on some of the unexpected physical features of your bear. Opening to new thought, rediscovering ancient wisdom, and merging these with what is effective for you in some of the current dogmas will give the best solutions for the present moment.



Look at your bear and think about how different fabrics, textures, colors, symbols, and body landmarks have been merged in the format of a traditional teddy bear. Think about how this may relate to the merging of the ancient wisdoms of healing, allopathic methods, and new-thought medicine. Consider any beliefs and thoughts you are holding that you may want to let go, and talk about it to your bear. How joyful and playful it is to spend time with your bear and consider teddy bears in new and different ways!

Meditation

Meditation is a practice of quieting and clearing the mind, listening to silence, and relaxing the body. Hundreds of forms of meditations have been developed over thousands of years in every culture. Meditation is a journey requiring committed intention and regular practice, but like a program of physical exercise, the rewards are boundless. Today, millions of people worldwide meditate because they have found that it brings peace of mind, reduction of stress, and increased spirituality, creativity, joy, energy, healing, and wellness. Your teddy bear will work with you on almost any type of meditation. Don't worry if you get distracted or your mind is full of busy thoughts, or if you fall asleep. These are all natural occurrences and part of the practice. Just gently return your focus and attention to the meditation activity and keep practicing. You are already on the meditation journey with your bear.

Here are two simple meditations to get you started. Use your bear with these easy techniques. Allow at least 15 minutes to sit with your bear in a quiet, comfortable place that you have designated as your meditation area. Close your eyes and allow your hands to rest gently or feel a healing aspect of your bear, such as the softness and smoothness of the fabric or the facets of the crystal. You may find it helpful to use a timer when meditating, so that you don't distract yourself by wondering how long you've been there.

Breath Meditation: Close your eyes. Breathe comfortably, naturally, and freely. Focus your attention on the breath, developing a natural, relaxed breathing pattern, and count your breaths for the 15 minutes.

Guided Imagery Meditation: Close your eyes. Visualize your bear growing large, becoming a gentle, loving mother, father, or best friend bear.



Prayer

Prayer is a powerful tool for wellness and healing. Prayer benefits us whether we pray or others pray for us. No one can rationally explain the healing power of praying, although many have tried. Pray with your bear in much the same way as you meditate. If you go to church, synagogue, mosque, or any other holy place, take your bear to share prayers.





Movement for Healing

Notice that your teddy bear's arms can be bent to hug you and that its body can be flexed at the hips to stand or be seated.

Movement and exercise at any level are healing for the body, mind, and spirit. Find the activity that suits you, whether it's walking, working in your garden, dancing, running, or playing a sport. The activity per se is not as important as its ability to please and suit you. Regardless of the movement or exercise chosen, be sure to begin slowly and gently. How much you do on any one day or how many times you skip or forget doesn't matter nearly as much as your making the commitment to be active. Return to your chosen exercise again when your activity lapses. Your bear's easy flexibility can help gently and kindly remind you of how important physical activity is for wellness.

靈氣



Reiki / Therapeutic Touch / Psychic Healing

The teddy bears can introduce a type of healing that relies on the transfer of healing energy: by first practicing with your bear, you can learn how to touch directly or place the hands over each part of the body that needs healing. Along with the placement of hands is the transmission of psychic energy and the intention to heal.

In the late 19th century, a Japanese minister rediscovered a healing art dating back many centuries. The Japanese name for this healing practice is Reiki. Reiki means “universal life force energy.” To start to use Reiki, lightly touch for 5 to 10 minutes over a specific area, focusing on the intention and belief of healing. Practice first with your bear by resting your hands gently over areas that might be hurting on your bear and yourself. This method is said to help many emotional, physical, and spiritual conditions. Practice Reiki if it feels right to you. And, make sure that the condition doesn’t require additional treatment from a physician.

<i>Rei</i>	<i>Ki</i>
霊	気

The Bear Journey Goes On

The work presented here is only the beginning of the teddy bear journey for healing and spirit. More bears and messages in words and art will come to you to guide you, and you can set off on your own explorations through other sources, including some of those in the suggested reading list.

This work is an introduction and guide to a journey whose only destination is a lifetime of self-healing, spirit, and fun. The journey and the destination are the same. If you let them, the bears and their teachings will widen your lens of perception and allow you to see a larger reality. Your openness will allow you to release old habits that are not currently serving you. Your awareness will increase, and you will develop new tools for living and thinking in ways that enhance your well-being. You can heal “holistically,” meaning that mind, body, and spirit are united to make you stronger and better able to withstand negative forces that come your way.

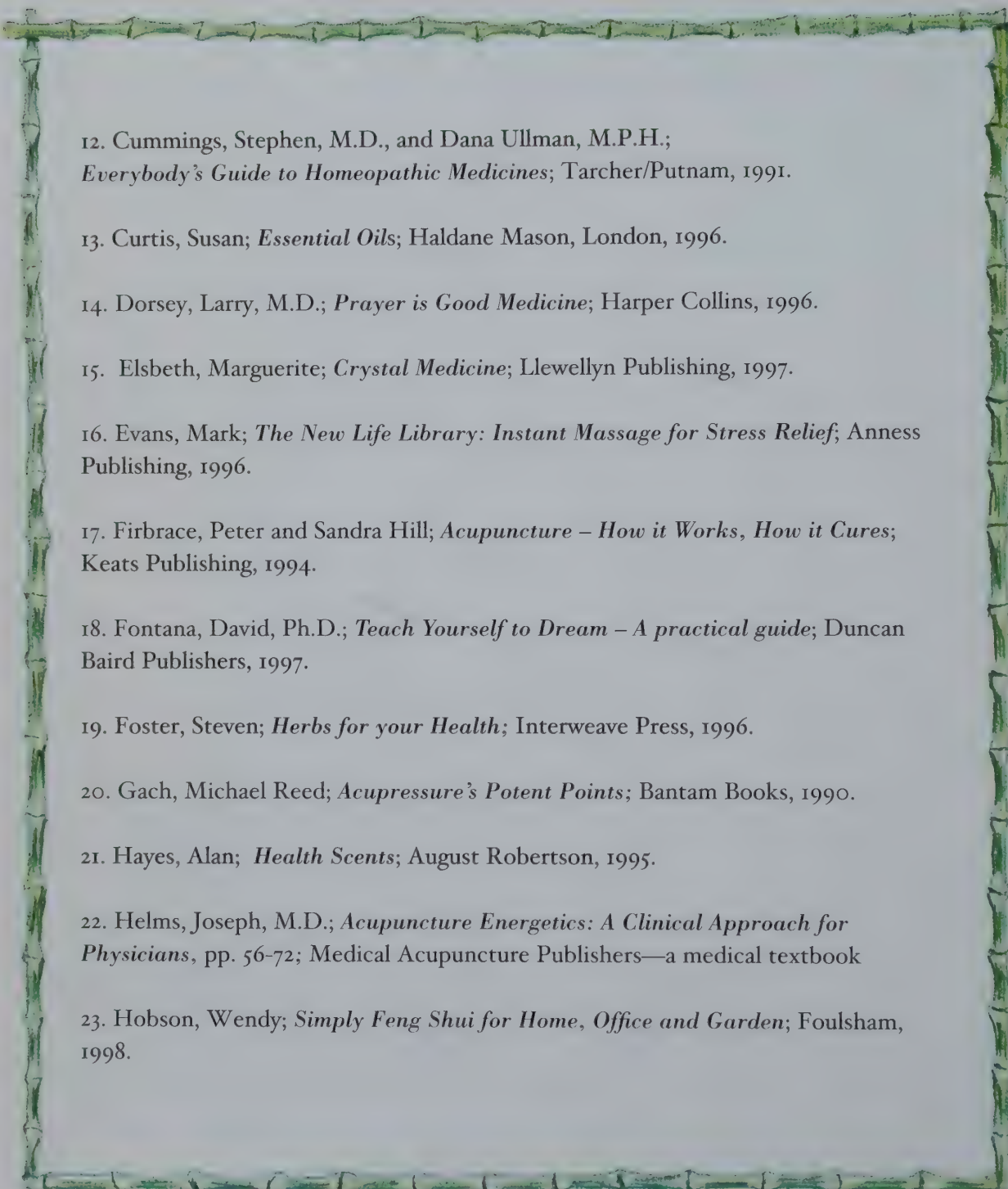
Good luck! May you enjoy a light-hearted lifetime journey. We and our bears all travel together to healing and wellness. Again, remember: the journey and the destination are one and the same.

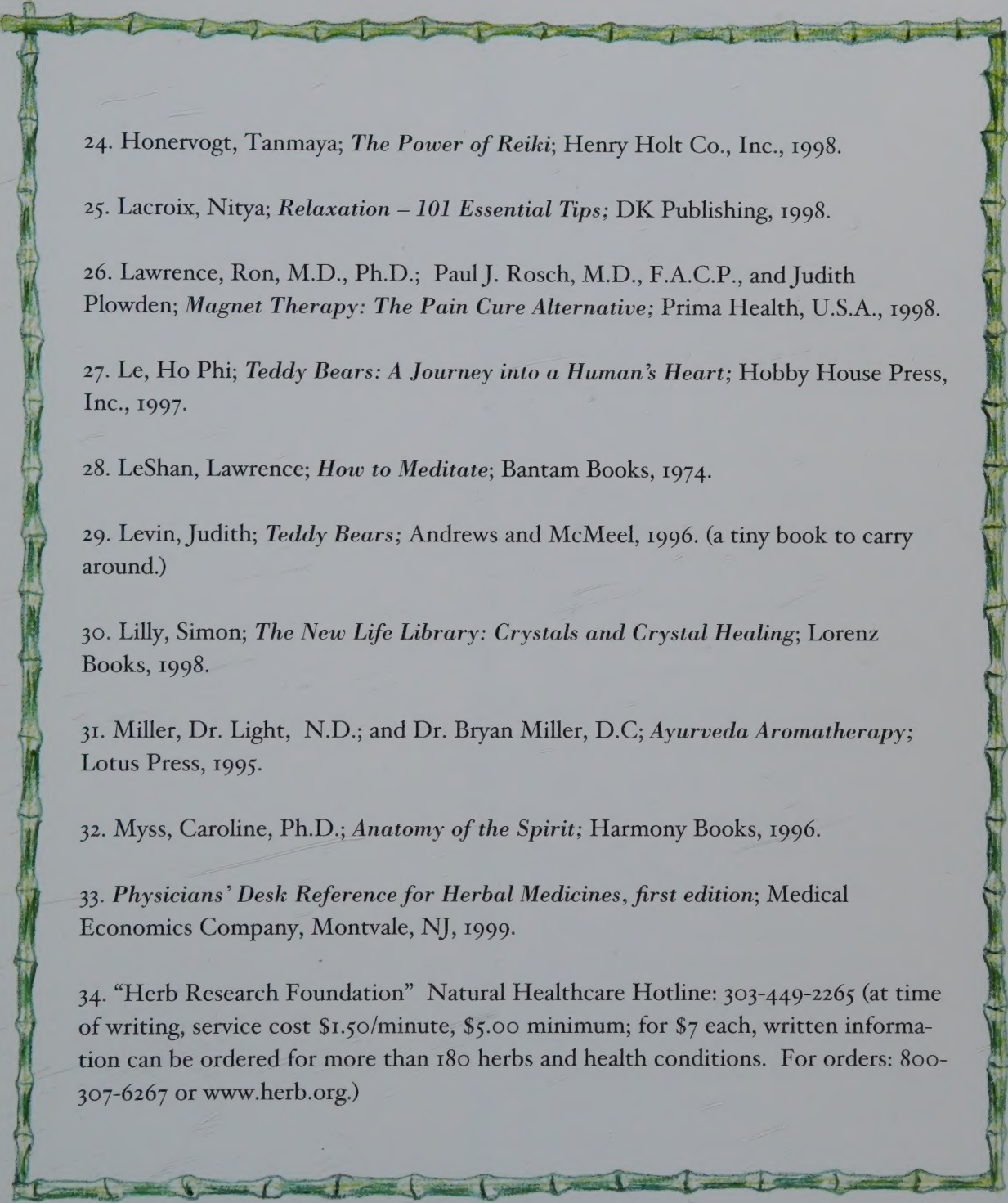


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Mira Kaplan is a physician with many years of experience using conventional western (allopathic) medicine and holistic healing to care for adults and children. She earned her B.S. degree at City College of New York, where she was elected a member of the Phi Beta Kappa honorary society. After graduating magna cum laude, she earned her M.D. degree at New York University School of Medicine. Dr. Kaplan is board certified in two specialties: Allergy and Clinical Immunology and Pediatrics, and is Chief of Allergy, Asthma, and Allied Conditions at Kaiser Permanente Medical Center in Oakland, California. She has done research and published articles in the field of allergy medicine. In The Bay Area Consumer's Checkbook's Fall 1998 – Winter 1999 physician survey, Dr. Kaplan was named as an outstanding physician specialist. Dr. Kaplan has also trained in acupuncture and Ayurvedic medicine. She is a member of the American Academy of Allergy and Clinical Immunology and the American Academy of Medical Acupuncture.

The bears and their message mirror Dr. Mira's own personal journey, and all of the elements of self-healing and wellness are used regularly by Dr. Mira.

The Teddy Bear Guide to Self-Healing

Dr. Mira Bears of Healing and Spirit

Dr. Mira explores the time-tested and New Age approaches to health care with a light spirit and insightful perspective. The teddy bear guide makes learning fun for everyone.

~Joseph M. Helms, M.D., Director Helms Medical Institute

Mira Kaplan has created a delightful and highly informative overview of holistic and ancient healing practices and how they can be used today. Everyone wanting to be more directly involved in their own well-being will find this book a treasure.

~H. Michael Brucker, Patent Attorney at Law

I've always found great comfort in the company of teddy bears, and Dr. Mira has shown me how I can benefit from and enjoy them even more.

~Olga Herskowitz, Grandmother

Dr. Mira has given me a fresh and fun approach to staying healthy... teddy bears that bring the miracle of natural healing... and they can be your best friends too!

~Rocky O'Brien, Real Estate Agent



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